



5300 Hageman Road • Bakersfield, CA 93308 • (661) 218-8330

November 2021



MANAGEMENT TEAM

Douglas G. Rice	Executive Director
Emily Conrad	Resident Care Coordinator
Mike Duran	Director of Resident Development
Lauren Trautwein	Outreach Director
Wayne Colburn	Maintenance Director
Maria T. Godoy	Dining Service Director
Emmalin Cisneros	Activity Director (AL)
Ericka Aguirre	Activity Director (MC)
Sonia Ortega	Medical Records
LICENSE	#157208915

OFFICE HOURS

MON-FRI 7:30am-5:00pm

SAT-SUN 8:30am-5:00pm

After Hours Assistance:

Please call:

661-477-1241 Assisted Living

661-477-1073 Memory Care

and a staff member will assist you.



Hello all, and happy November. I hope that the fall season has been a breath of fresh air. The Palms has surely had a great October. Our team along with residents enjoyed participating in the Alzheimer's walk on October the 16th. Giving back to our community is something, I believe, to be key to building a strong family here at The Palms. We hope that some day we will celebrate in finding a cure for this terrible disease.

Residents along with staff enjoyed in our trunk or treat night. We are always so pleased to see our little ones dressed up every year, and we can't thank our families enough for all their support.

This November we are expecting a busy month. Preparing for the holidays, and making sure each resident enjoys all that the season has to offer.

The Palms would like to wish you and your family a Happy Thanksgiving. -Doug Rice

"Give Thanks With A Grateful Heart"

WELCOME TO THE PALMS TEAM



**Mike Duran, Director of
Resident Development**



**Lauren Trautwein,
Outreach Director**



**Wayne Colburn,
Maintenance Director**

VETERANS DAY



Sacrifice, honor, brave, and hero are some of the words that come to mind when I think of Veterans Day. As Americans we are proud of the country we live in, and the freedoms we possess. Those freedoms were made possible through sacrifice from the most honorable, and bravest American Heroes.

While we live in The Greatest Country in the world, there was a price that these men and women gave for those freedoms. As Americans may we all remember our heroes for all their bravery, and all they have done for you and I.

This year as we we approach Veterans Day, I challenge you to offer a "Random Act Of Kindness" to a veteran. May it be offering to buy a cup of coffee or a simple "thank you for your service". The reaction you get just might surprise you. As Americans, it's our duty to let them know we appreciate what they accomplished for America.

The Palms At San Lauren honors all our service men and women. We thank you for our home of the free, and land of the brave. Happy Veterans Day.

Friendsgiving

The holiday season is upon us and Thanksgiving is around the corner. We all gather with our families to eat the wonderful turkey, stuffing, and not to mention the pumpkin pie. We make unforgettable memories each year, and each year we vow to start our diets on Monday. Our families are our lifeline, our heart, and we love them. Without them the holidays wouldn't be the same.

We also have other special people in our everyday lives... our friends. Whether it be childhood friends to work friends they all mean the same. They are people that we choose to be a part of our lives and we love them.

A new trend has been born call "Friendsgiving". It is just like Thanksgiving, but held on a different day in November to celebrate giving, but with friends. It's a way to get together without taking away from our normal traditions. This trend does not follow the rules on how we feast. So the sky is the limit on what could be on the menu.

This year The Palms will be throwing a Friendsgiving Feast for our community on November 18th. We would like to join together like family, and enjoy a meal together in the spirit of giving.



Christmas Party Message

To our families, we are planning our Annual Christmas Party for our staff. We want to make sure our staff is rewarded for their hard work. If you would like to make a donation to support this year's employee Christmas Party, please contact Mike Duran at (661) 618-0213.

Please make checks payable to The Palms At San Lauren with a note on the memo "Christmas Party." We would appreciate all donations be in by December 15, 2021.

On behalf of The Palms At San Lauren, we thank you and wish you a Merry Christmas.



11/2 Kenneth K.
11/8 Toni C.
11/10 Sandra F.
11/14 Joyce D.
11/15 Kathryn S.
11/21 Robert M.
11/28 Ada H.

Wow, we have so many friends with birthdays this month. Our monthly birthday party will be 11/19 at 2:30pm happy hour style. Come by and join the fun.

Always a Good Time at The Palms!



Let's Go Fishing!



Shopping Trip!



Weekly Tasty Creation Class!

Family Movie Night

Lights, camera and action. The Palms At San Lauren have partnered up with Hoffman Hospice to throw a movie night. We are thrilled to be able to come together for a family movie under the stars.

November 6th at 5:00 p.m, Hoffman Hospice will be providing dinner for our community. We will begin the movie shortly after. So come dress warmly to enjoy the fall air and a movie with The Palms At San Lauren.

Please feel free to call Directors Ericka or Emily with any questions. See you under the stars.

Upcoming Special Events and Activities

- Assisted Living Outing every Monday 11am
- Memory Care Outing every Friday 1pm
- 11/4 Veterans Breakfast Outing 7:30am
- 11/6 Family Movie/ BBQ Night 5pm
- 11/11 Veteran's Celebration 1pm
- 11/17 Chef's Creation 2:30pm
- 11/18 Friendsgiving Potluck 2:30pm
- 11/24 Omelet Breakfast Social 7-9am
- 11/30 Resident Council/ Chef's Chat 2:30pm



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